



Deer Oaks Sample Wellness Training Seminars

Employee Wellness Seminars

- ⊙ Healthy Communication Patterns
- ⊙ Solving Interpersonal Conflicts on the Job
- ⊙ Exercise and Nutrition to Reduce Stress
- ⊙ Smoking Cessation
- ⊙ Anger Management
- ⊙ Stress Management
- ⊙ Time Management
- ⊙ Signs of an Alcohol or Drug problem
- ⊙ Co-Dependency
- ⊙ Addictive Behaviors – Gambling, exercise/dieting, workaholics
- ⊙ Financial Stress and Behavioral Solutions
- ⊙ Organization Skills
- ⊙ Simplify Your Life
- ⊙ Signs of an Eating Disorder
- ⊙ When Should I Get Help?
- ⊙ Dealing with Difficult People
- ⊙ Dealing with Change
- ⊙ Reducing Job Stress
- ⊙ How to Deal with the Holiday Blues
- ⊙ Coping With Obstacles and Failure
- ⊙ Impulsivity and Violence – Recognizing the silent dangers
- ⊙ Assertiveness Training
- ⊙ Helping Your Child with Aggression
- ⊙ Helping Your Child with Oppositional Behaviors
- ⊙ Marital Stress
- ⊙ Balancing Work and Family Life: Overtime vs. Parent-time
- ⊙ Roles and Responsibilities: Who Does What?
- ⊙ Time Management: Running From Morning Til Night
- ⊙ Parenting: We Can Make A Difference
- ⊙ Conflict Resolution: Win-Win Strategies
- ⊙ Self Esteem Building: You are Lovable and Capable
- ⊙ Communication: Can We Talk?
- ⊙ Time Out For Self and Spouse: I'm Not On Call
- ⊙ Stress Management: I'm All Used Up
- ⊙ Sandwich Generation: Care For The Caregivers
- ⊙ Who Can I Turn To? Facilitation
- ⊙ Single Parenting
- ⊙ Respect in the Workplace
- ⊙ Children and Divorce
- ⊙ Transition
- ⊙ Shift Work and the Family

Family and the Workplace Employee Wellness Seminar Topics

- ⊙ Help Your Child with ADHD
- ⊙ Helpful Tips for Step-Parenting
- ⊙ Coping with the Loss of a Loved One
- ⊙ Assisting your Elderly Parent
- ⊙ Helping Your Child with Learning Difficulties
- ⊙ Helping Your Child with Depression